



Saturated vs. Unsaturated Fatty Acids		
Type of Fatty Acid	How they "stack up"	Result in the Human Body
Saturated (No C=C, straight) $\begin{array}{ccccccc} & \text{H} & & \text{H} & & \text{H} & & \text{H} \\ & & & & & & & \\ \text{H} & - \text{C} & - & \text{C} & - & \text{C} & - & \text{C} & - \text{H} \\ & & & & & & & \\ & \text{H} & & \text{H} & & \text{H} & & \text{H} \end{array}$	Tightly packed 	Solid, clogs blood vessels
Unsaturated (one or more C=C, bent) $\begin{array}{ccccccc} & \text{H} & & \text{H} & & & & \text{H} \\ & & & & & & & \\ \text{H} & - \text{C} & - & \text{C} & = & \text{C} & - & \text{C} & - \text{H} \\ & & & & & & & \\ & & & & & \text{H} & & \text{H} \end{array}$	Loosely packed 	Liquid Does not clog Blood Vessels

Oct 3-11:40 AM